



GOODEZE NEWSLETTER - MAY 19

Welcome to our first GoG Newsletter! Our aim is to provide members of GoG without access to social media with information regarding upcoming events, allow us to pass on requests from the Hospital Foundation and to provide valuable feedback to members on our project, reprinted from Facebook, the GoG website and other print media.



Thank you to all the wonderful Goodeze out there who have put love and creativity into the latest batch of gifts that made their way to the Canberra Hospital. The number and variety of Goodies continues to grow with valuable input from our growing membership. As always, a huge thank you to Mission Stitchin' who provide us with the exceptionally stitched hospital gowns, bandannas and knee rugs!

The following is a Donation Update from the Canberra Hospital Foundation newsletter.

With the cold weather approaching large blankets, adult beanies, scarves, bed-socks and fingerless gloves will be most appreciated. We currently still have sufficient baby, children and NICU beanies.

CONTACT DETAILS

Website: www.goodomengoodeze.org

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GOG WORKING BEE - 26 MAY

Our working bees provide members with an opportunity to work on joint projects, share information, skills, ideas and enjoy a coffee and a laugh with like-minded people.



If you would like to join us, our next working bee will be held on Sunday 26 May, 1-4pm at the Belconnen Soccer Club, Belconnen Way, **Hawker**. Come along and join us for a chat or bring a project to work on! All welcome!!

Housekeeping

Firstly, it would be greatly appreciated if we could be extra careful when using pins, to make sure they are all removed prior to donating our Goodies.

Also, when attaching buttons or beads to any Goodie, please ensure that they are secure and unable to be removed easily.

Lastly, when making Gogsters, we would be grateful if you could please use new cushion inserts to fill the bodies. If you are unable to supply these yourself, please let us know as we may be able to supply you with some.





Thankyou GOGs for brightening up the hospital stay of one of our ICU patients not to forget all the staff who visited this patients bed.

The patient said she felt like a Hollywood celebrity from all the attention she recieved from staff just coming to visit for a look at the "happy socks".



World Wide Knit in Public Day — 8 June — 10-3pm



WWKIP DAY is unique in that it's the largest knitter run event in the world. Each local event is put together by a volunteer or a group of volunteers. Once again 'Good Omen Goodeze' (GoG) is hosting this event which will be held from 10am – 3pm on Saturday 8th June in the Centre Court, level 1, (outside Myer) at Westfield Belconnen Mall.

This will be a day for us to enjoy participating in and sharing the art of knitting and crocheting to the general public! GoG members will be creating squares for a blanket which will be donated to the Canberra Hospital and will be offering interested members of the public a chance to learn either skill by providing donated yarn and equipment on the day. We will also have French knitting spools and pompom makers made from recycled cardboard for children to come down, learn and new skill and join in the fun!

Join us and be part of a very creative, passionate local charity group and be part of a global movement!

ICU VISIT

In April a small group of our newest Goodeze were invited to visit the Canberra Hospital ICU to drop off over 40 lap rugs, 20 gowns, several Goodie Dolls, a Gogster and many other gifts lovingly handcrafted by our amazing 'family' of Goodeze! 😊

It was our privilege to be welcomed by Dr Avard, Kath, Tess and several staff members of the ICU, who were also very pleased to see Chris return to the hospital, not as a patient, but this time as a 'member of the Goodeze!' Thank you to all who made this wonderful collection of Goodies possible, and to CH ICU for making us feel so valued and welcome!



TAGS!

Our new GoG tags have finally arrived! I will be handing out tags at our next Working Bee to those members who are happy to attach one to each gorgeous Goodie that you create. If you are unable to make it, please don't hesitate to contact me to make other arrangements.

Quality Improvement Project

Over the last several weeks Tess, Kath and myself have had discussions about exploring the possibility of doing a Quality Improvement Project with the ICU Leadership and Education Team and the Quality Improvement Team at the Canberra Hospital. They have formed a working party of 6 registered nurses and the ICU social worker to assist with this project. The discussions have been about how we can measure the effects of how the comfort goods enhance the patient experience. Presently there is no tool to measure this nor has anything like this been done before. We are very conscious that we are dealing with a very vulnerable cohort of patients so we have to go through many correct channels in order to produce an approved survey tool.

The following is an excerpt from a letter I received from Kath regarding the Project.

In discussions with the QI working party we would like to ask for your support to assist us with this project. Firstly could all GOG blankets, Beanies, Gogster and gowns be labelled before reaching the hospital. The rationale for the labelling is so we can track where the comfort goods went to and in what situation it was given, in order to record the patient experience.

Secondly, we would like to request that all of the comfort goods go through you to be catalogued, photographed and put into a register. This will help with individual patient feedback and will help us track accurate patient stories that we need to document to ensure the authenticity and transparency of our project. This process is essential if in the future, it further develops into a research project.

We are currently working with the volunteers at the hospital to further document the incoming goods when they are handed over at the donation station by yourself. If any member wants to accompany you in we welcome to that and will try and meet for a chat and of course a photo opportunity is always good to boost the profile of GoG and attract new members for the sustainability of the project. In addition, this would be something the Hospital Foundation would support as you handover the comfort goods which would enable new members to meet with the Foundation team as well. Another thing to note is that there is a "feedback" diary in the donation station which we can access to see where the comfort goods are going across the greater hospital campus, as well as broadly feeding back to the GoG community.

Thank you for supporting us with this process of registering the comfort goods (with consent) as it will enable us to produce an authentic and legitimate process for the QI and potential future research into the effect that comfort goods have on the patient experience. We are hoping to capture the essence of the project through staff and patient testimonials as well as complimenting the data collection. In addition we are open to feedback and if you think there are issues with this format please contact Tess or myself.

Once again thank you for your assistance with everything you do for the patients of ICU and the greater hospital campus.

*Kind Regards,
Kath*

GoG Super Schools!

Last month, GoG welcomed Campbell High, the second school to join our GoG community! Tess and I had the honour of speaking to the students and teachers on the impact that their generosity has on the patient experience and their families at the Canberra Hospital. They are the second school to join the "GOG family" along with the SFX Wolverines and we are in awe of their beautiful work. 😊💕

I can't thank the teachers enough, especially Sarjit and Belinda at Campbell High and Sue at SFX for making these wonderful collaborations happen. We are all thrilled to have another creative and giving group of students join us and are so excited to see their new creations in the coming term. 💕💕



FACEBOOK FEEDBACK

18 March - Many thanks to Mission Stitchin' who provided gowns for two long term patients. 'She' was having a bad day, being told some poor news. As is the plight of being so sick, she has no choice in so much of what happens, BUT that day she was able to choose three gowns. One empowering moment in months of no choice.

Then there was the young disabled man who had been so sick for so long. He flashed the biggest smile choosing a fabulous gown and a coloured perfect cotton 'throw' to match. Big difference to his day. Family to visit the next day. Wish I could have been there - Tess

27 April - As I was spending time on the balcony with a 55year old patient who was covered in a gorgeous cotton purple/lavender blanket, she starts chatting.

'This blanket brings back memories of my grandmother and mother making rugs for the family. It takes me back to a time when things weren't so serious. We would just sit and knit. This one relaxes me. It's a kind thing for someone to do. This means more to me than a \$1000 gift. It's a big warm hug. I feel it's gonna be ok. It's the nicest thing anyone has done for me in a long time. You don't get much kindness. If people give you things they always want something back. I'll treasure this..'

Ladies, such effusive gratitude, straight from the horse's mouth. A privilege to hear such a wholesome response – Tess

21 April - Just received these beautiful gowns from GoG and Mission Stitchin'. I can't wait to take them into the hospital. The gowns are so important for patients that have been hospitalized for long periods of time who can't wear normal pyjamas due to access lines, tracheotomy or wounds that require access. The modified gowns are perfect to conceal lines and tubes. This means patients can leave the ward and blend into the general public particularly if they have an opportunity to go to the coffee shop in the foyer for a short time.

For our long-term patients in ICU, the patients choose which ones they want, and this gives them identity and generally improves their sense of well-being and esteem. We find its empowering when patients have a choice over what they will simply wear today. The feedback from our long-term patients and families is they just love the gowns and how good they make people feel.

Again thank you for all you do, because it makes a big difference.

- Kath Xx



May 10 - Dear Gogs,

Our wonderful nursing staff modelling the infinity shawls kindly made and donated to our patients. The feedback is very positive. They are light and warm and can just be draped over the patients head and easily be modelled around our patients various tubes. These shawls are keeping our long-term patients outside on our balcony for sunlight therapy longer on these cold winter days.

Our lovely ladies who received the shawls just love them. One comment was, "I haven't felt so feminine for months." "It's nice to put on colour and they feel so soft on your skin".

Well done and thank you – Kath



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